

I CLAIM:

1. A method of enabling a person to reduce tension as a way of improving the possibility that the person will reach a desired level of performance during a tension-causing event, comprising:

selecting a monitor capable of measuring the heart rate of a person and including a display constructed to show heart-rate variability (HRV);

connecting a person to the monitor;

allowing the person to view the display of their own HRV while connected to the monitor;

communicating to the person a desired range of HRV and an undesired range of HRV;

teaching the person how to breath to reach the desired range of HRV and to verify that the person reached the desired range of HRV by viewing the display;

15 directing the person to think of a tension-causing event; and

repeating the teaching step until the person reaches the desired range of HRV while thinking of the tension-causing event.

2. The method of claim 1, further including the steps of:

20 selecting a monitor that is portable;

directing the person to perform a tension-causing event;

repeating the teaching step until the person reaches the desired range of HRV while performing the tension-causing event.

3. The method of claim 1, wherein the teaching step includes the step of providing the person with a guide for breathing at a desired, relatively low rate.

5 4. The method of claim 2, wherein the teaching step includes the step of providing the person with a guide for breathing at a desired, relatively low rate.